

Transition to College in Quest for Success

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- I. (The Approach)
 - A. Who is Vincent Johnson
- II. (Hop Phase) High School Senior
 - A. Use 2 Be's
 - a. You are one the TOP DOGS in the your country
 - b. May be best on your team across all events
 - c. Community publicity
 - B. Taking Care of Business
 - a. ACT/SAT
 - b. Senior 'itties'
 - C. The Decision
 - a. Identify what's important for you in this next phase of your life.
 - i. Ex. Scholarship Offer, Performance, Attention, Winning National Championship
 - b. You are the one that will walk in the shoes
 - c. Everyone wants to go to the Olympics, BUT EVERYONE WILL NOT GO
 - i. Are you willing to prepare like you want to go?
 - d. The things you have a passion for will cause everything else to suffer if you don't have the amount of success you desire.
- III. (Step Phase) Summer before School
 - A. Competition if possible
 - B. Restoration is a must
 - C. General Training
 - a. Active Rest
 - b. Enjoyable training (games)
- III. (Jump Phase) Freshman year
 - A. Immediate Success
 - a. Probably not as good as you thought you were initially
 - B. Learning Curve
 - C. New Stresses
 - a. Environmental Changes
 - b. Commitment to Practice
 - c. New coaching strategies and techniques
 - d. Communication differences
 - e. Home sick
 - f. Difficult class instruction/Tough Exams
 - g. Required Study Hall hours
 - h. Maintain a 2.0 GPA
 - i. Weekly High Level Competitions
 - D. Freedom
 - a. Boys to Men
 - i. Battle not worth fighting (Women)
 - b. Girl to Women
 - i. You are the "BADDEST" Thing on Campus. Can you handle it?
 - E. FRESHMAN don't FAIL
 - a. What got you there IS NOT going to help get 'there'
 - b. Success Begins in the Mind
 - c. Continue to cultivate the things you have identified as "A Dream"
 - d. Be Patient
 - e. Trust your coach 100%
 - f. Become a Student of the Event
 - g. Prioritize what's important
 - h. Develop a Balance of LIFE
- III. (The Landing) Success
 - A. A Combination of Managing All of the Above Will Ultimately Decide Your Level of Success
- IV. Step out of the PIT (Conclusion)
 - A. Last 5 years Success of Female HS Triple Jumpers transitioning to College
 - a. Low Performance
 - B. History of Women US Triple Jump
 - a. NEVER MEDALED NOR MADE FINALS IN OLYMPICS OR WORLD CHAMPIONSHIPS

